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FM AMEMBASSY BRIDGETOWN
TO AMEMBASSY SAN JOSE 0922

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TAGS: ASEC OTRA EAID BB XL

SUBJECT: COUNTRY CLEARANCE GRANTED FOR ARMBRISTER AND MORRIS TO
TRAVEL TO ST. LUCIA

REF: SAN JOSE 01534

11. Embassy Bridgetown grants country clearance for OFDA/IRG
Consultant Beryl Armbrister and OFDA/IRG Instructor Terry Morris to
travel to St. Lucia o/a September 9-15, 2007 to deliver training for
instruction course.

12. Understand Embassy assistance is not required. If you have any
questions, please contact Mr. James Goggin at Tel:(246) 227-4118 or
Fax:(246) 228-8589 or cell: (246) 243-1499.

13. The exchange rate is approximately \$2.70 xcd (Eastern Caribbean)
dollars for \$1.00 U.S. dollar. U.S. currency, traveler's checks,
and credit cards are routinely and widely accepted here.

14. Entry requirements: A valid U.S. passport is required to enter
St. Lucia. No visa is required if your stay is under six months,
including those travelers arriving with diplomatic or official
passports. For further information, travelers may contact the
Embassy of St. Lucia, 3216 New Mexico Avenue, NW 20016.

15. Departure tax for St. Lucia is XCD\$45.00 or USD\$17.00

16. The following is general information pertaining to security and
health considerations throughout the Eastern Caribbean:

Security

In the Eastern Caribbean, foot travel outside of well-established
tourist areas is not generally recommended, especially at night. Be
vigilant when using public telephones or ATM machines near roadsides
or quiet areas. As in many U.S. metropolitan areas, wearing
expensive jewelry, carrying expensive objects, or carrying large
amounts of cash should be avoided. Visitors should also safeguard
valuables while at the beach. While hotels are generally safe, many
visitors have experienced loss of unattended items. Hotel
burglaries are not uncommon and all valuables should be locked in
room safes if possible.

Health Information

Throughout the Eastern Caribbean, the most likely threat to a
visitor's health is sunburn. It takes several weeks to become
accustomed to the heat and humidity. Prolonged exposure to the sun,
without protection, causes sunburn and may ultimately result in
sun-damaged skin or even skin cancer. Sunscreens should be used for
protection. In Barbados, St. Lucia, and St. Vincent the major
health threat is dengue fever, transmitted by mosquito. Dengue
cases are most often seen in the summer months. Persons should
therefore protect themselves with insect repellent. There is also a
growing number of HIV/AIDS cases reported. The Eastern Caribbean
enjoys clean and safe drinking water. Only routine boosters for
immunizations (i.e. tetanus, diphtheria, and oral polio vaccine) are
required when traveling to this region. Barbados has the best
medical facilities of all the islands in the region and most of the
medical specialties have practitioners here.

